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AMERICAN JUSTICE

Boston suspect is charged as a civilian, could face execution **3**

WHAT THE HAY?

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REMARKABLE REBOUND

The Capitals could clinch the division with a win over Winnipeg **15**



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Cool Your Jets

With furloughs hitting the FAA just ahead of peak travel season, fliers should brace for a summer of frustration **13**

THINKSTOCK/EXPRESS ILLUSTRATION



eye openers

HINDSIGHT

‘It’s Safe to Say You’re Not Getting Your License Back’

A 79-year-old woman who was trying to get her driver’s license restored confused the gas pedal for the brakes and crashed through the front door of a Florida Target store. Police in Ocala say Norma Joan Brennan’s pastor was giving her some driving tips last week when the crash occurred. No one was injured. (AP)

SIGHTINGS

“One of my [friends] said, ‘I’ve heard you can find comfort in Jesus but you’ve found Jesus in Comfort.’”

— MARTIN ANDREWS, WHO, AFTER SPILLING COMFORT-BRAND FABRIC SOFTENER ON HIS SHIRT, SAW AN IMAGE OF JESUS IN THE STAIN, THE HUFFINGTON POST REPORTED MONDAY

LETDOWNS

And That’s How the Infamous King Cobra Circus Fell Apart

Vietnamese police say they have seized 53 king cobras from a car in Hanoi and arrested the driver. Officer Dang Van Hanh said Monday that the live snakes were taken to a wildlife rescue center before being released into the wild. King cobras are the world’s longest venomous snake, can grow up to 18 feet and are considered a delicacy by some in Vietnam. (AP)

The Big Picture



THEY SEE ME FLYIN’, THEY HATIN’: A bee hangs out Sunday in front of a sunflower planted at the gates of the University of the Philippines in Manila. The flowers were planted in early February so they would reach full maturity just in time for the university’s graduation ceremonies.

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Boston Bomb Suspect May Face Death Penalty

Tsarnaev charged with using a weapon of mass destruction

Boston

A seriously wounded Dzhokhar Tsarnaev was charged in his hospital room Monday with bombing the Boston Marathon in a plot with his older brother and could get the death penalty for the attack that killed three people and wounded more than 180.

Tsarnaev, 19, was charged by federal prosecutors with using and conspiring to use a weapon of mass destruction — a bomb — to kill. The charges carry the death penalty or a prison sentence of up to life.

Tsarnaev will be tried in the federal court system. The White House rejected demands by some congressional Republicans that he be tried before a military tribunal as an “enemy combatant.”

The criminal complaint containing the allegations shed no light on



Mourners stand outside during the funeral in Medford, Mass., for 29-year-old Krystle Campbell, who was one of three people killed in the Boston Marathon bombings.

42M

The number of people who watched the last hour of Friday's manhunt for the Boston Marathon bombing suspect on television, according to the Nielsen company's estimate released Monday. (AP)

the motive. But it gave a sequence of events and cited surveillance-camera images of Tsarnaev dropping off a knapsack with one of the bombs and using a cellphone, perhaps to

detonate the blasts.

All of the more than 180 people injured in the Boston Marathon blasts now seem likely to survive. Even a transit system police officer whose heart had stopped after a shootout with the suspects now appears headed for recovery.

In court papers filed Monday, authorities searching the dorm room of Dzhokhar Tsarnaev at the University of Massachusetts-Dartmouth said they seized a “large pyrotechnic,” BB pellets and a white hat and

Religious Motives?

The Boston bombing suspects are ethnic Chechens from Russia who have lived in the U.S. for about a decade. Two U.S. officials speaking Monday on condition of anonymity say preliminary evidence from an interrogation suggests the brothers were motivated by religion but were apparently not tied to any Islamic terrorist groups. (AP)

'I Did That'

Court papers also said that during the long night of crime Thursday and Friday that led to the older brother's death and the younger one's capture, one of them told a carjacking victim: “Did you hear about the Boston explosion? I did that.” (AP)

Meanwhile ...

Investigators in the Boston suburb of Waltham are looking into whether there are links between Tamerlan Tsarnaev and an unsolved 2011 slaying. Tsarnaev was a friend of one of three men found dead in an apartment with their necks slit and their bodies reportedly covered with marijuana. (AP)

dark jacket resembling those worn by one of the suspected bombers in surveillance videos from the attack.

Tsarnaev was listed in serious but stable condition with a gunshot wound to the throat and other injuries. His brother, Tamerlan, 26, died last week in a gunbattle with police.

DENISE LAVOIE AND STEVE PEOPLES (AP)

In Brief

LOS ANGELES

Doctor's Appeal Claims Errors in Jackson Trial



Murray

Eighteen months after his involuntary manslaughter conviction, Michael Jackson's doctor on Monday appealed his case. A lawyer for Dr. Conrad Murray argued that there was insufficient proof that Jackson died of an overdose of the anesthetic propofol administered by Murray. (AP)

GLENGARY, W.VA.

Death at Tough Mudder Race Under Investigation

Authorities in West Virginia said Monday that they are investigating the death of a 28-year-old man who was found Saturday in water at the “Walk the Plank” obstacle of a Tough Mudder endurance event near Glengary. Police said Avishek Sengupta of Ellicott City, Md., died Sunday. (AP)

NEW YORK

NYC Proposes Raising Age for Buying Tobacco

No one under 21 would be able to buy cigarettes in New York City under a proposal unveiled Monday by City Council Speaker Christine Quinn. The law would make the city the most populous place in America to set the minimum age that high. (AP)



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Nation

Teens Doing OK on Science Tests

Poll: Many wrongly think 15-year-olds rank near the bottom

Washington

American teenagers aren't doing as poorly on international science tests as adults think. But despite the misconception, people still don't think the subject should get greater emphasis in schools, a survey released Monday found.

More Americans than not wrongly think that U.S. 15-year-olds rank near the bottom on international science tests, according to a Pew Research Center for the People and the Press poll. U.S. students actually rank in the middle among developed countries.

Even so, Americans are more likely to pick math or language skills over science when they are asked which subject they think deserves greater attention. Some

Keeping Up With International Peers

Education advocates have long warned that U.S. students need more science education if they are to keep pace with international peers. That perhaps has yielded the impression that the nation's students don't stack up to other nations on international tests. International tests find U.S. scores aren't measurably different from the average of all other nations. Among the 33 countries measured in the 2009 Program for International Student Assessment, 12 had higher scores and nine had lower scores. Twelve had scores that weren't that much different from Americans' scores. (AP)

30 percent suggested math; 19 percent said English, grammar, writing and reading. Science was the top choice for just 11 percent.

Among those who picked science, though, there was a partisan divide. Some 17 percent of Democrats said science should receive more attention, while 7 percent of Republicans agreed. And Republicans (35 percent) were more likely to favor math and arithmetic than Democrats (24 percent).

The survey also found that, among adults, there is a wide vari-

ety in what they know about science. Two-thirds of those surveyed correctly said rust is an example of a chemical reaction. Yet only 47 percent correctly said electrons are smaller than atoms.

Poll results have a margin of error of plus or minus 3.7 percentage points.

The survey was conducted with Smithsonian Magazine for an upcoming edition focusing on science, technology, engineering and mathematics education.

PHILIP ELLIOTT (AP)

Days After Texas Blast, Returning Home



VOLUNTEER ALBERT SAENZ clears debris Monday from the home of Ray and Patti Rosales in West, Texas. Five days after the massive explosion at the West Fertilizer Co. that killed 14 people and injured more than 160, many residents returned to their damaged homes. President Barack Obama and Michelle Obama will travel Thursday to Waco, Texas, for a memorial service.

Hearsay



"We want to make sure people remember not only the lives lost and the courage shown but the lesson that the human condition overseas matters to the national security of our country."

— **FORMER PRESIDENT GEORGE W. BUSH**, ON MAKING SURE THAT THE SECTION AT THE GEORGE W. BUSH PRESIDENTIAL LIBRARY AND MUSEUM DEVOTED TO 9/11 WAS POWERFUL ENOUGH. THE BUILDING WILL BE DEDICATED THURSDAY ON THE CAMPUS OF SOUTHERN METHODIST UNIVERSITY IN DALLAS.

Nation



POLITICS

Back to Twitter

Former U.S. Rep. Anthony Weiner has returned to the forum that led to his political downfall in 2011, launching a new Twitter account. His first post Monday at @AnthonyWeiner was decidedly not racy: a link to a 20-page policy statement. Weiner also has emerged as a potential candidate for New York City mayor. (AP)

FBI: No Ricin in Suspect's Home

Lawyer: Someone may have framed Mississippi man

Oxford, Miss.

Investigators haven't found any ricin in the house of the Mississippi man accused of mailing poisoned letters to President Barack Obama, a U.S. senator and a local judge, according to testimony Monday from an FBI agent.

Agent Brandon Grant said a search of Paul Kevin Curtis' vehicle and house in Corinth, Miss., on Friday did not turn up ricin or ingredients for the poison.

"There was no apparent ricin,

A Setup?



Paul Kevin Curtis' lawyer said in court Monday that someone may have framed Curtis, at left, and suggested

that a former co-worker with whom Curtis had an extended exchange of angry emails may have set him up. Still, Agent Brandon Grant testified in court that authorities believe they have the right suspect. "Given the right mindset and the Internet and the acquisition of material, other people could be involved. However ... we believe we have the right individual," he said. (AP)

castor beans or any material there that could be used for the manufacturing, like a blender or something," Grant testified. He said agents are doing a "deep dive" on the suspect's computers after finding no evidence so far that Curtis researched making ricin.

During the preliminary hearing, Curtis, an Elvis impersonator who family members say has bipolar disorder, was quiet and attentive, sometimes whispering to Christi McCoy, his lawyer.

Through McCoy, Curtis has denied involvement in letters sent to Obama, Mississippi Republican Sen. Roger Wicker and a Mississippi judge. The letters were detected beginning April 15. JEFF AMY (AP)



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World

In Brief



Defense Secretary Chuck Hagel, right, takes an aerial tour of Israel on Monday.

TEL AVIV, ISRAEL

U.S. Stands With You, Hagel Tells Israel

U.S. Defense Secretary Chuck Hagel assured Israel on Monday that the Obama administration is committed to preserving and improving the Jewish state's military edge in the Middle East. Hagel, on his first visit to Israel as Pentagon chief, also declared that it is Israel's right to decide for itself whether to attack Iran to stop it from building a nuclear bomb. (AP)

KABUL, AFGHANISTAN

Taliban Take 11 Hostages From Civilian Helicopter

The Taliban took 11 civilians prisoner, including eight Turks and a Russian, after their cargo helicopter made an emergency landing in eastern Afghanistan, officials said Monday, in the first large-scale capture of foreigners there in nearly six years. The crisis began Sunday when the civilian aircraft was forced down in strong winds and heavy rain in the village of Dahra Mangal in Logar province. (AP)

TOKYO

U.N.: Fukushima Cleanup May Take 40-Plus Years

Japan may need longer than the projected 40 years to decommission its tsunami-crippled nuclear plant and urged its operator to improve plant stability, a U.N. nuclear watchdog team said Monday. The head of the International Atomic Energy Agency team, Juan Carlos Lentijo, said that damage at the Fukushima Dai-ichi plant is so complex that it is impossible to predict how long the cleanup may last. (AP)

Assad Tightens Grip on Capital

Regime shores up Damascus, key route as rebels see gains

Beirut

After watching much of Syria's territory slip into rebel hands, President Bashar Assad's regime is focusing on the basics: shoring up its hold on Damascus and the strip of land connecting the capital with the Mediterranean coast.

In the past week, government troops have overrun villages near the Lebanese border and suburbs of Damascus, including two districts west of the capital where activists say regime forces killed more than 100 people. The advances have improved the regime's footing in strategic areas that are seen as crucial to its survival.

In many ways, Assad's government has little choice at this point in the civil war, analysts say. Rebels have captured much of northern and eastern Syria, home to most



Rebel fighters prepare a rocket Sunday in Aleppo, in Syria's contested north.

Meanwhile ...

Six days of fighting near Damascus has killed at least 100 people and possibly many more, activists said Monday, in what both sides say may be a dramatic spike in the Syria's civil war death toll. The reports came as President Bashar Assad's forces pressed an offensive against rebels closing in on parts of the Syrian capital. The U.K.-based Syrian Observatory for Human Rights said the death toll could be as high as 250, though the Local Coordination Committees, another activist group, put the death toll at 483. The exact number of dead in Jdaidet Artouz and Jdaidet al-Fadel could not be confirmed. (AP)

“What is happening in the suburbs of Damascus are war crimes and genocide.”

— **GEORGE SABRA**, VICE PRESIDENT OF THE MAIN OPPOSITION GROUP, THE SYRIAN NATIONAL COALITION

of the country's oil fields, and the losses have deprived the regime of badly needed cash and fuel for its war machine.

But those provinces are hundreds of miles from the capital. Rebel advances there pose no direct threat to the regime's hold on Damascus — the ultimate prize in the civil war — and any effort to regain the territory would demand manpower and military hardware.

The fighting around Damascus has been fierce, and the regime has used its warplanes and artillery to try to pound rebellious areas into submission. RYAN LUCAS (AP)

Canada Arrests 2 in Terror Plot

Toronto

Two men were arrested and charged with plotting a terrorist attack against a Canadian passenger train, police said Monday.

The Royal Canadian Mounted Police said Monday that Chiheb Esseghaier and Raed Jaser were conspiring to carry out an al-Qaeda-supported attack against Via Rail but posed no immediate threat.

“It was definitely in the planning stage but not imminent,” police chief superintendent Jennifer Strachan said.

Police Assistant Commission-

“This is the first known al-Qaeda-planned attack that we’ve experienced in Canada.”

— **DOUG BEST**, SUPERINTENDENT OF THE ROYAL CANADIAN MOUNTED POLICE, ON THE ALLEGED TERROR PLOT FOILED IN CANADA ON MONDAY

er James Malizia said the two men had “direction and guidance” from “al-Qaeda elements located in Iran,” though there was no rea-

son to think the planned attacks were state-sponsored. Police said the men did not get financial support from al-Qaeda.

Police said the men are not Canadian citizens but declined to say where they were from. Officials said they had been in Canada “a significant amount of time” but would not say how long.

The investigation was part of a cross-border operation with the FBI and the U.S. Department of Homeland Security. There is no connection between the Canadian plot and the Boston Marathon bombings, U.S. officials said. (AP)

Hearsay



“Don’t expect us to start loving each other.”

— **HASHIM THACI**, PRIME MINISTER OF KOSOVO, ON HIS RECENT DEAL WITH HIS SERBIAN COUNTERPART TO LET KOSOVO AND SERBIA LIVE SIDE BY SIDE AS SEPARATE STATES — A POTENTIALLY HISTORIC BREAKTHROUGH. THE TENTATIVE EU-BROKERED DEAL WAS REACHED FRIDAY.



T.G.I. Thursday? Saudi Arabia has taken the first step to change its weekend so it begins on a Friday, which would align its business days with most of the Gulf region. Saudi media reports say the kingdom's advisory body agreed Monday on changing from the current system, in which the two-day weekend begins Thursday. The proposal still needs to pass the Council of Ministers and the Saudi royal court before it could take effect. (AP)

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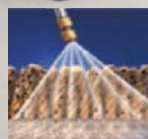
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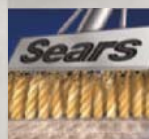


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World

2nd Suspect Held in Rape of Girl, 5

New Delhi

A second suspect was arrested Monday in the rape of a 5-year-old girl who New Delhi police say was left for dead in a locked room, a case that has brought a new wave of protests against how Indian authorities handle sex crimes.

Pradeep Kumar, 19, a factory worker, was arrested Monday in the state of Bihar and was being brought to the capital, police said.

Police said the questioning of the first man arrested in the case, Manoj Kumar, led them to the second suspect. Manoj Kumar, 24, was arrested Saturday in Bihar and flown to New Delhi. The two men are not related.

The men are accused of abduct-

Meanwhile ...

Sporadic protests erupted in at least three places in New Delhi on Monday. Most were directed against the Delhi police officers who failed to act after the parents of a 5-year-old told them she was missing last week. She was found days later, after a brutal sexual assault. (AP)

ing, raping and attempting to murder the 5-year-old, who went missing April 15 and was found two days later by neighbors who heard her crying in a locked room in the same New Delhi building where she lives with her family. The girl had been left for dead by her attackers, police say. (AP)

China Hunts for Quake Survivors



POLICE OFFICERS SEARCH for survivors Monday in Ya'an, China, two days after a strong earthquake struck the region, killing at least 188 people and injuring more than 11,000 others. At least two dozen people are missing.

LAWS

Modest Proposal

Bikinis and briefs are no longer welcome on some sands in the United Arab Emirates. Officials in Ras al-Khaimah have posted signs on public beaches warning of possible fines for revealing swimwear. The Abu Dhabi-based National newspaper reported Monday that the move followed complaints from locals who didn't like sharing the sands with tourists showing too much skin. (AP)



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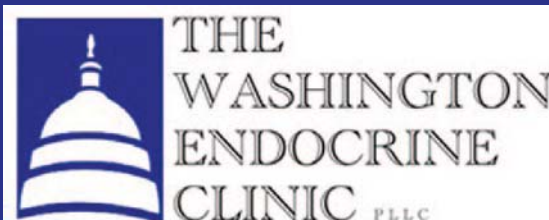
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Where Are Bicycles Allowed?

Q What are the laws on riding bicycles on sidewalks in the Central Business District? While I understand the desire for cycle tour groups to stay off the street, dodging them is iffy — I've even been hit from behind by a cyclist on a sidewalk on the east side of 15th Street.

Cyclists are barred from the sidewalks in the Central Business District. But I've never seen a warning sign on a downtown sidewalk. Things aren't as bad downtown as they were in the heyday of the bicycle messengers, but there still are plenty of cyclists who ignore the law or are ignorant of it.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

Q Also, what about biking laws for places like Key Bridge? It's very hard to walk when bikes are whizzing by on the sidewalk.

Cyclists are allowed to use the Key Bridge sidewalk. My cross-bridge experience is that regular commuter cyclists tend to travel responsibly and are aware of pedestrians. Unfortunately, that's not universally true. The bridges are places where travelers need to share.

Q You wrote in your column Sunday about how Metro should do an improvement with immediate and clear benefit to the riders. What about pres-

suring them to provide better information about the weekend track-work schedule, the way other transit agencies around the world do? In the case of both London and New York, track work and scheduled disruptions are listed for months in advance, even if the work doesn't require station closures.

I haven't looked at how other transit agencies organize their track work. What Metro says is that the single-tracking projects — as opposed to the projects defined as major track work, the ones that close stations — are much more subject to schedule changes. So it's difficult to publish a reliable schedule further

ahead than the Monday before.

The amount of notice I get on single-tracking is about the same amount of notice I get from DDOT, VDOT and MDOT about lane closings. For similar reasons, I think.

That said, anything Metro can do to improve communication about delays is a very good thing. One of my main gripes for a long time was that the otherwise useful Trip Planner on Metro's website wasn't reflecting the scheduled delays on weekends. Now it does that, although it comes in a couple of phases. First, Metro attaches advisories to Trip Planner warning about delays along particular routes. But by the end of the week, the delays are incorporated into the timetables you get in response to a Trip Planner query. That's a bit of progress.

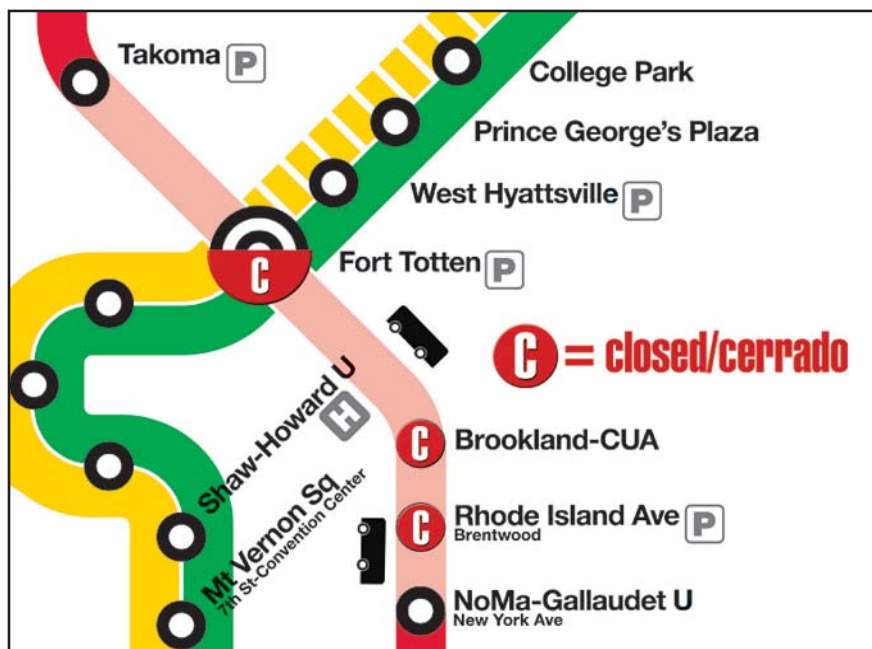


PHOTOS

Instagram Alert

We want your pictures. If you've got a cameraphone, we'd like to put your photos in the paper. Tag us @ExpressDCrider in your posts of the transit system, and if we like (heart) one of the shots on your feed, you can submit it to us for print via email at dcrider@wpost.com.

TRACK WORK THIS WEEKEND



From Friday, April 26 at 10 p.m. to Sunday, April 28 at closing: Buses replace trains on the Red Line between NoMa-Gallaudet U and Takoma while Metro rehabilitates platforms. For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.



SINGLE TRACKING
THIS WEEKEND

BETWEEN

- GR College Park - Greenbelt
- GR Naylor Road - Branch Ave
- BL OR McPherson Sq - Smithsonian

Weekend train schedules are adjusted for MetroForward rebuilding efforts.

Please allow extra travel time.

For details, go to wmata.com/alerts.

Ex-Teacher Is Captured

Sources: Accused child pornographer found in Nicaragua

Washington

Eric Justin Toth, the former D.C. elementary school teacher and accused child pornographer who replaced Osama bin Laden on the FBI's Ten Most Wanted list, has been found in Nicaragua, according to sources familiar with the case.

Toth, 31, was taken into custody Saturday night, but as of Monday afternoon, he had not been extradited to the United States, said the sources, who spoke on the condition of anonymity.

Toth had been on the run for almost five years. He fled after officials at Washington National Cathedral's exclusive Beauvoir elementary school found explicit photos of a student on a camera assigned to him, authorities said. They called police that day, but Toth was already gone.

The school said Monday that officials there were told by federal authorities that Toth had been arrested.

Last year, the FBI upgraded Toth from a local most-wanted list and named him one of the country's most notorious fugitives. His face was plastered on bus stops and billboards in the Washington area and nationwide. At the time,

officials said they gave Toth such treatment because they thought he was a threat to children and that the description of him might be enough to help someone identify him.

Toth had been a third-grade teacher at Beauvoir for three years. He is accused of taking sexually explicit photographs of a boy at the victim's home in the summer of 2007 and installing a video camera in his third-grade class's bathroom and using it to record his students.

Toth has been indicted on charges of producing child pornography. Warrants have been issued for his arrest in the District and in Maryland.

ALLISON KLEIN (THE WASHINGTON POST)

In NoMa, Wells Fargo Breaks the Bank Mold

New technology plays a big role in the small branch

Washington

The bank of the future, according to Wells Fargo, is virtually paperless.

At the company's newest branch, which opened last week in Washington's NoMa neighborhood, employees use tablets and smartphones to assist clients, and customers can have receipts emailed or text-messaged.

The location is the first of its kind. At about 1,000 square feet, it is one-third the size of a typical branch.

Employees — there are currently three — have no assigned desks or workspaces. Instead, they use pop-out work stations to assist customers.

Most basic needs — withdrawing money or depositing checks, for example — can be done using the store's three ATMs. When a



A teller gives assistance at Wells Fargo's newest store prototype in NoMa.

client needs help opening a bank account or applying for a mortgage, employees lead them to mini work areas equipped with computers and cushioned benches.

"This [new design] is driven by the marketplace," said Michael Golden, Wells Fargo's regional president for the Washington area. "We couldn't have been here without this format — there just aren't thousands of square foot of space available in many neighborhoods."

ABHA BHATTARAI (CAPITAL BUSINESS)

The Lotteries

Monday, April 22

District

Mid-day Lucky Numbers 1-2-1
Evening Lucky Numbers (Sun.) 5-6-3
Mid-day DC 4 3-5-5-7
Evening DC 4 (Sun.) 7-8-2-6
Mid-day D.C. Five 5-8-0-9-0
Evening D.C. Five (Sun.) 7-3-3-0-7

Virginia

Mid-day Pick 3 0-7-3
Evening Pick 3 (Sun.) 4-3-7
Mid-day Pick 4 4-4-2-1
Evening Pick 4 (Sun.) 5-5-3-3
Mid-day Cash 5 (Sun.) 1-7-21-23-25
Evening Cash 5 (Sun.) 4-6-7-9-12

Maryland

Mid-day Pick 3 5-9-4
Evening Pick 3 (Sun.) 4-6-0
Mid-day Pick 4 3-0-7-6
Evening Pick 4 (Sun.) 9-3-3-2
Match 5 (Sun.) 11-15-17-20-27 (28)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

WARNING: Alcohol Ruins Lives

Have you tried to stop drinking, but can't? You may be eligible for research studies at NIAAA.

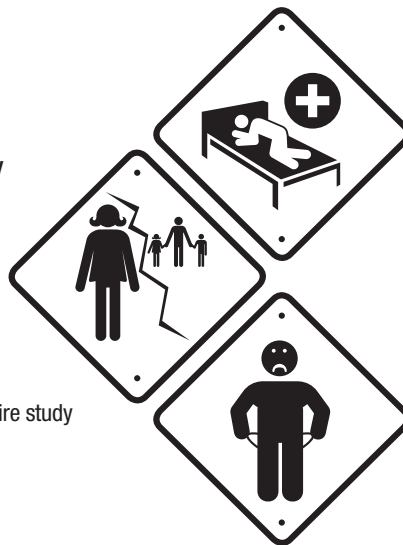
You may be eligible if you:

- Are 21–65 years of age
- Use alcohol on a regular basis
- Are seeking treatment for alcohol problems

Participants will:

- Stay at the NIH Clinical Center in Bethesda, Maryland, for the entire study
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and participate in study-related activities

There is no cost to participate. Participants will be compensated.



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Local

Strathmore to Add Venue, Expand Its Repertoire

White Flint, Md.

The founder of the Strathmore music hall announced plans Sunday to open a new performance venue in White Flint as part of a real-estate development dubbed Pike & Rose.

The new venue will have 250 seats, small compared to the Music Center at Strathmore, in North Bethesda, which has 1,976 seats.

But it will have an 1,100-square-foot pre-concert venue and an outdoor balcony. It will also provide the Strathmore Hall Foundation, which operates the Strathmore, with an opportunity to expand

and meet new audiences.

Strathmore founder and chief executive Eliot Pfanstiehl said in a news release that with the original venue at capacity and celebrating 10 years in business, it was "time to reach out to ages and tastes beyond our current programming and facilities."

The venue will be part of a 24-acre, \$250 million mixed-use development that Federal Realty is building on the site of the Mid-Pike Plaza shopping center. The project's first apartments, offices and shops will open in 2014, including a luxury movie theater.

JONATHAN O'CONNELL (CAPITAL BUSINESS)

Political Science



MARVIN JOSEPH/TWP

PRESIDENT BARACK OBAMA takes part in the White House Science Fair on Monday, celebrating the winners of student competitions from around the country. High school students Payton Kaar and Kiona Elliott led a team that designed a collapsible, transportable, bicycle-powered emergency water-sanitation station.



Stadium Talk: D.C. City Administrator Allen Lew said last week that, after repeated meetings with D.C. United's new ownership and stakeholders, he hopes to have the framework for a deal to build a new stadium for the team "inside of a year." Jason Levien, managing partner for United's new ownership group, said negotiations with the city are "moving in the right direction." However, the team is still considering sites in Maryland. (CAPITAL BUSINESS)



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W/ MARK WALBRIDGE, BOB SHANK,
AND SAM MORGAN OF HICKORY WIND
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W/ STRIPMALL BALLADS
and REFORMED WHORES

SATURDAY **APR 27**

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APRIL 25-27

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5-7PM

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& **MOUNTAIN HEART**

SUNDAY, APRIL 28

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W/ BEAUCOUP BLUE

THURSDAY, MAY 2
SIMONE DINNERSTEIN
& **TIFT MERRITT**

FRIDAY, MAY 3

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Eligible volunteers will be:

- In good health and drug free
- Between the ages of 21 and 65
- Willing to come for four outpatient visits and one overnight stay at the NIH CC in Bethesda, MD

Participants will receive a free medical evaluation and will be paid for doing the study..

For more details,
email cpnresearch@mail.nih.gov
or call **301-451-6974**



Cover Story



Travelers wait in lines at Los Angeles International Airport on Monday, where FAA staff furloughs led to delayed flights and longer wait times to get through security.

DAMIAN DOVARGANES/AP

6,700

The maximum number of flights that may arrive late at more than a dozen major airports each day, the FAA estimates, as the furloughs of air-traffic controllers take effect. (TWP)

3,000

The number of flights that were delayed on the worst travel day of 2012, when severe weather crippled the system. (TWP)

Expected Turbulence

Cutbacks at FAA yield travel delays and fresh debate on sequester cuts

Washington

After months of inside-the-Beltway drama, the impact of sequestration cutbacks moved to center-stage America on Monday as the aviation system was slowed by the furlough of 1,500 air-traffic controllers.

With about 10 percent of the controllers who direct 23,000 planes a day scheduled to be off each day until October, both the industry and government forecast that the effect would snowball as the nation enters peak travel season.

Short on staff and besieged by brisk winds, controllers working the three big New York-area airports fell behind by mid-morning Monday and never caught up, with delays from one to three hours.

When those airports fall behind, it often has a ripple effect that



Backstory

The furloughs are part of mandatory budget cuts that kicked in March 1 after Democrats and Republicans missed a deadline to agree on a long-term deficit reduction plan.

FAA officials have said they have no choice but to furlough all 47,000 agency employees, including nearly 15,000 air-traffic controllers. Each employee will lose one day of work every other week. The FAA has said that planes will have to take off and land less frequently, so as not to overload the controllers on duty. But critics say the White House is causing misery for fliers to put pressure on Republicans. House Republicans insisted that FAA cuts should be made elsewhere and the airlines filed a suit in an attempt to block them last week. (AP)

reaches as far as the West Coast, and by mid-afternoon Monday, flights into the big US Airways hub in Charlotte were late in arriving. Most flights from the Washington-area airports ran close to on-time.

As television crews panned across angry passengers in New York, the debate revived in Washington over whether the furloughs announced last week were neces-

sary or a White House ploy to dramatize the effects of sequestration.

"Our aviation system should not be used as a pawn in budget debate," said Lee Moak, president of the Air Line Pilots Association. "The livelihood of our economy is dependent on air commerce, and the financial strength of our airlines and the people they employ are at risk."

"Simply put, we cannot allow these furloughs to go through, because if they go through, it will make flying on a normal day seem like you're flying in blizzard weather."

Sen. Charles Schumer, D-N.Y., breaking with party ranks on Sunday to urge Congress to find money elsewhere to prevent the cuts to air-traffic controllers

"We're basically telling them to plan on a little bit of extra time to clear security."

Chris Paolino, spokesman for the Metropolitan Washington Airports Authority, who added that "it's almost like a weather situation, where we're advising people to check with their airlines in case there are delays"

He predicted delays would spread if the Federal Aviation Administration presses ahead with a plan to recoup \$200 million of the \$637 million it must cut to meet sequestration goals.

The Obama administration has brushed off suggestions that air travel had become "a political football," but crowds of delayed passengers undoubtedly made better television than news that federal workers would take unpaid days off.

Senate Majority Leader Harry Reid, D-Nev., predicted that fliers would face long delays at virtually every airport. "In airports across the country, millions of Americans will get their first taste of the pain of sequestration," Reid said.

Rep. Rick Larsen, D-Wash., defended the FAA furloughs as necessary but said the issue needed resolution. "There's a lot of finger-pointing going on, but the simple truth is that it is Congress' job to fix this," Larsen said.

Passengers faced another sequestration frustration as Transportation Security Administration furloughs caused peak-hour back-ups at security checkpoints.

For the most part, travelers said they did not experience big delays.

Juliana Mejia was heading home to Madrid, Spain, and said she arrived earlier than usual to catch her connection to New York.

"I have yet to see the long lines," she said at Reagan National Airport. "So far everything looks pretty smooth."

ASHLEY HALSEY III AND LUZ LAZO (THE WASHINGTON POST)



The Capitol Deal

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With the Capitals having just three games left in the regular season, Washington is one of five teams fighting for four playoff spots in the Eastern Conference.

Playoffs Are in Caps' Sights

Washington can win the division title with a victory over the Jets

Capitals

As the Capitals enter the final week of the NHL regular season, it's hard to believe they're still relevant, considering where they were a month ago.

The Capitals entered a critical back-to-back set against the first-place Jets in Winnipeg on March 21 and 22 facing a nine-point deficit in the Southeast Division. Washington left that road trip with two wins over the Jets by a combined

"I think it's going to be one of those games you relish as a player."

— CAPS DEFENSEMAN JACK HILLEN ABOUT TONIGHT'S GAME AGAINST THE WINNIPEG JETS AT VERIZON CENTER.

score of 10-1.

Now Washington can clinch the division for the fifth time in six seasons with a victory over the Jets tonight at Verizon Center.

According to several players, those two wins in Winnipeg were the spark that ignited Washington's current hot streak. Including those games, the Capitals have won 13



7 P.M.
Today | CSN



of their past 16 games.

"We were playing well before then, but those two wins maybe showed us that we could play that same way and get results," defenseman Jack Hillen said.

Forward Troy Brouwer said, "We knew the magnitude of that week. That was our season. At that point, we were quite a ways out of the playoffs and we needed to find a way back in and came up with a great effort."

The Caps and Jets are two of the

five eligible teams in the Eastern Conference — the Senators, Islanders and Rangers are the other three — battling for four remaining playoff spots. The winner of the Southeast Division will automatically clinch the third seed, while the loser will have to contend with a congested bottom half where four points separate sixth and ninth entering Monday.

To put it simply, there is a lot riding on the outcome of tonight's game.

"It's their season, it's our season," Hillen said. "It's a playoff game [tonight]. I think it's going to be one of those games you relish as a player." ADAM VINGAN (FOR EXPRESS)

In Brief

SOCCER

Manchester United Wins Premier League Title



Van Persie

Manchester United won its record 20th English league title, beating Aston Villa 3-0 on Monday on Robin van Persie's first-half hat trick to clinch the championship with four games to spare. This is the earliest a club has clinched the Premier League title since Manchester United did so on April 14, 2001, according to STATS. (AP)

ORIOLES

Arrieta Sent to Minors

Baltimore Orioles right-hander Jake Arrieta was optioned to Triple-A Norfolk on Monday, one day after he walked five and hit a batter over four-plus innings in a 7-4 loss to the Los Angeles Dodgers. Baltimore recalled right-hander Alex Burnett from Norfolk to fill out a weary bullpen. (AP)

COLLEGE FOOTBALL

Virginia Tech RB Arrested

Virginia Tech tailback Michael Holmes is facing a felony malicious wounding charge following a weekend fight in Blacksburg, Va. Holmes, 19, was arrested after police were called to a fight about 1:50 a.m. on Sunday. (AP)

TV Lineup

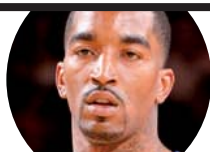
NATIONALS (7:05 P.M., MASN)

Ross Detwiler has allowed only two earned runs in 20 innings and will face the Cardinals, who will be throwing Adam Wainwright (3-1, 2.48 ERA).

NBA PLAYOFFS (8 P.M., TNT) The Knicks' defense held the Celtics to 25 points in the second half in Saturday's win. Will it carry over into Game 2?

NBA PLAYOFFS (10:30 P.M., TNT)

The Nuggets-Warriors had the most entertaining Game 1 of the first round. Denver tries to take a 2-0 lead tonight.



Best From the Bench: The Knicks' J.R. Smith won the NBA's Sixth Man of the Year award Monday. Smith, left, received 484 points, including 72 first-place votes, from a panel of 121 writers and broadcasters. The Clippers' Jamal Crawford finished second with 352 points, getting 31 first-place votes. Smith averaged 18.1 points in 80 games, all off the bench. He had 29 games in which he scored 20 points as a reserve, tying Crawford for the NBA lead. (AP)

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Sports

MLB Power Rankings

1. Braves (13-5)

They lost three of four to the Pirates but still have best record in baseball.

2. Rangers (12-6)

Surprisingly getting it done with pitching.

3. Giants (12-7)

Cain (0-2, 7.15 ERA) has been their worst starter.

4. Athletics (12-7)

Crisp averages only 7.6 homers a season, but he already has five this year.

5. Nationals (10-8)

They've been sloppy, with an MLB-high 18 errors.

6. Red Sox (12-6)

They have the best run differential in the AL.

7. Reds (11-8)

Went 6-1 vs. the Phillies and Marlins last week.

8. Rockies (13-5)

They lost their first home game of the year Sunday.

9. D-backs (10-8)

Corbin, 23, has allowed just three runs in 19 innings.

10. Cardinals (10-8)

Bullpen has struggled, but they have an MLB-best 13 quality starts.

11. Orioles (10-8)

Need more from starters (they've had seven quality starts).

12. Yankees (10-7)

Hanging tough as they hope to start getting healthy.

13. Tigers (9-9)

Hunter, 37, is hitting a team-high .392.



Biggest jump: Ryan Braun and the Brewers went from No. 27 to No. 15 after a seven-game win streak.



Biggest drop: Adrian Gonzalez and the Dodgers have one of the worst offenses and fell 15 spots.

14. Pirates (10-8)

Allowed seven runs in four-game series vs. Braves.

15. Brewers (9-8)

After an awful start, they had back-to-back sweeps of the Giants and Cubs.

16. Mets (9-8)

They have scored 99 runs, fourth-most in the majors.

17. Angels (7-10)

Weekend sweep of the Tigers was the first time they've played as expected all year.

18. Royals (10-7)

Three starters have a 3.00 ERA or better.

19. Twins (8-7)

Currently riding a four-game winning streak.

20. Blue Jays (8-11)

Starters' 5.61 ERA is 28th in the majors.

21. Dodgers (8-10)

Big-name offense has scored 54 runs, MLB's second-fewest.

22. Phillies (8-11)

Not a good start for Hamels (0-2, 6.46 ERA).

23. Rays (8-10)

Looney is the only player hitting above .300.

24. White Sox (7-11)

Dunn has seven hits and 26 strikeouts.

25. Indians (7-10)

They have the third-best slugging percentage (.452) in the majors.

26. Mariners (7-13)

They're hitting .218 as a team, 29th in baseball.

27. Cubs (5-12)

At least Castro (batting .301) is playing well.

28. Astros (5-13)

The worse pitching in the majors (5.40 ERA).

29. Padres (5-13)

They have had just five quality starts all year.

30. Marlins (4-15)

They have not won two straight games yet.

JEFFREY TOMIK (EXPRESS)
* RECORDS THROUGH SUNDAY

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December 4, 2012

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Sports



To draft quarterback Robert Griffin III last year, the Redskins gave up their first-round pick for this year and next year.

For Redskins, Even This Draft Is All About RGIII

QB's play mitigates fact that Redskins lack a 1st-round pick

Redskins

As with everything Washington Redskins these days, the draft revolves around Robert Griffin III.

Griffin is the reason the Redskins are set to sit out the first day of the draft both this year and next, part of the steep price they paid a year ago to move into position to select the Heisman Trophy winner coming out of Baylor.

Griffin's performance is why the Redskins don't mind. He showed

last year that he's well worth the investment, leading the team to its first division title in 13 years and winning the league's offensive rookie of the year award.

Now he just has to stay healthy. While coach Mike Shanahan and the front-office brain trust have been reviewing film of the top college players, Griffin has been elsewhere inside Redskins Park rehabilitating from major knee surgery in January. All the updates that he's ahead of schedule are more or less meaningless at this point: Even Shanahan concedes that he won't know the status of his quarterback's prospects for the regular season until training camp practices begin in late July.

281.9

The number of yards passing the Redskins allowed per game last season, ranking 30th in the NFL. The secondary could be a target in this year's draft. (EXPRESS)

tices begin in late July.

Regardless, the draft is all about building a team around Griffin, one that can peak along with him and contend for an NFL title in short order. The Redskins last year were not a team without flaws, and addressing them in the offseason has been a challenge because of the second half of a \$36 million salary

Redskins Picks

- ▶ **Round 2:** Pick 19 (51st overall)
- ▶ **Round 3:** Pick 23 (85th overall)
- ▶ **Round 4:** Pick 22 (119th overall)
- ▶ **Round 5:** Pick 21 (154th overall)
- ▶ **Round 5:** Pick 29 (162th overall)
- ▶ **Round 6:** Pick 23 (191st overall)
- ▶ **Round 7:** Pick 22 (228th overall)

NFL draft coverage on ESPN:

- ▶ **Round 1:** 8 p.m., Thursday
- ▶ **Rounds 2 and 3:** 6:30 p.m., Friday
- ▶ **Rounds 4-7:** noon, Saturday

cap penalty imposed by the league for the way the team manipulated contracts during the 2010 season.

As a result, the roster has remained pretty much status quo through free agency. The front office had to restructure contracts and re-sign players at a lower price just to get under the cap. Pro Bowl special teams player Lorenzo Alexander is the only major contributor from last year's team who has signed elsewhere.

But that leaves the draft as the primary means for upgrading the roster, and that's not as easy to do without a first-round pick. Washington's first selection is set for No. 51 overall in the second round. Unlike last year, when they knew it was virtually certain they would be taking Griffin at No. 2, the Redskins will need some educated guesswork to figure out who will be on the board when it's their turn on Friday.

If they draft solely on need, the Redskins will target a defensive back. The defense ranked 30th against the pass last year. Safety Brandon Meriweather played in only one game, and he's recovering from a torn ACL. Safety Tanard Jackson never played at all because of a suspension for failing a drug test, and the team is awaiting word on a possible reinstatement.

DeAngelo Hall took a pay cut to return, so he and Josh Wilson are again the projected starting cornerbacks. JOSEPH WHITE (AP)



Bucs' Cornerstone: Darrelle Revis says he is confident he will fully recover from a major knee injury and help transform the Bucs into a playoff team. The three-time All-Pro cornerback acquired from the New York Jets was formally introduced Monday as the newest member of a defense that ranked last in the NFL in pass defense in 2012. Revis says he'll "do my best" to play up to the expectations that come with a new six-year, \$96 million contract. (AP)

fit



Guinea Pig | Under Your Thumb

Don't get too excited for Tinke (\$119, Shop.zensorium.com). That will mess up your breathing and heart rate, which is what the box that plugs into an iPhone is there to test. Place your thumb over the holes and maintain pressure, and the accompanying app reveals your stats. You can also monitor your heart rate variability (aka stress level) by touching the Tinke while staring at undulating circles. The numbers are cool to see, but the price is too high.



An Amish Mishmash

A local trainer shares farm-inspired moves, meals and meditation

If you want to raise a barn, you need planks. If you want to build a better body, you need to do plank.

And you need to be able to hold the position for at least a minute and a half before personal trainer Bucky Mitchell will deem you ready for his Amish workout. The routine, which mimics the physical labor required on a farm, is a circuit of exercises that require carrying, heaving and twisting — and a little bit of imagination.

Mitchell says the secret to Amish strength is the repetition of torso-twisting movements.

“He always describes it in a way that gives it a creative setting. You're not just going to throw a ball. It's a bale of hay,” says 50-year-old Clinton Alsip, who's lost 35 pounds working with Mitchell two times a week at Vida Fitness on U Street.

The flashy gym is an odd place to find someone who calls himself the Amish Trainer, but Mitchell actually is an ex-Amish trainer. His family left its Pennsylvania community when he was 10 — his Italian-Catholic mother, who'd converted for his Amish dad, couldn't take it any more. But that wasn't until

after he'd learned how to chop wood, carry hay and kill chickens for dinner.

“It's nothing to me to pick up a chicken and chop its head off,” says Mitchell, although he doesn't expect people attending his cooking classes to do that.

The lessons he's offering through LivingSocial (see box) aren't based on Amish recipes. But he promotes healthier choices inspired by the sustainable food practices he grew up with on the farm.

“I want you to be aware of your food,” Mitchell told the students gathered in the demonstration kitchen

Pennsylvania Butch



Pretend to chop wood by swinging a bar at a BOSU Balance Trainer. Start with your top hand about 10 inches higher up the bar, and slide it down to meet the lower hand as you finish the motion.



A kettlebell substitutes for a carcass in this core-focused move. Shift the weight from one side to the other, moving your torso, not your feet. Working with a partner forces you to speed up.



Imagine you're tossing a bale of hay. Squat down and grab a Dynamax ball, perform a bicep curl with it and then fling it as far and hard as you can. (Stepping forward with one foot can help.)

Bucky Mitchell has developed a fitness plan inspired by his Amish roots.

as he began a recent session. “And please feel free to ask me questions about growing up Amish.”

So while they prepared a vegetarian rice salad, Mitchell revealed that he had helped in two barn raisings. (“I was responsible for the roof,” he said.) As they chopped Brussels sprouts, he explained the origins of his beard: “It's because I'm lazy.” In Amish culture, though, a beard is a sign of maturity and allowed only for married men, he noted. And in between extolling the benefits of various vitamins in the

What's Cooking

Read up on Bucky Mitchell's exercise tips, recipes and more at TheAmishtrainer.com. His next 2½-hour cooking classes through LivingSocial are at 6:30 p.m. April 30 and May 7, 10 and 14 (\$59 general admission, \$79-\$84 for special seating, 918 F St. NW; LivingSocial.com).

meal, Mitchell explained that his sect permitted the use of automobiles exclusively for work purposes.

Melani Lewis, 34, signed up for the healthy cooking advice, but she appreciated the anthropology lesson.

“That aspect of it adds another dimension. You're learning the whole time,” says Lewis, who was floored by Mitchell's story about hunting — and eating! — bear.

Nothing seems to shake Mitchell, possibly because of the final part of the Amish Trainer plan: reflection. Based on the “quiet hour” he practiced as a child, he recommends yoga, meditation or journaling to give the brain a chance to unwind.

Despite his affinity for these aspects of Amish culture, Mitchell won't return to his old way of life.

“What I take is the good. There's lots that isn't good,” he says. “But the Amish do simplicity well, are a peaceful people and work hard. I bring a piece of that to the gym.”

VICKY HALLETT (EXPRESS)

TEDDY WOLFF PHOTOS FOR EXPRESS

A Gold's Gym

SUCCESS
STORYTestimonial
From a GOLD'S
GYM Customer:

I lost 23 pounds and am now enjoying a new level of fitness and flexibility that I haven't had in decades! Thanks to Patrick Maffio at Chantilly Gold's Gym. He listened to my background and needs to develop a program just right for me. Because of his personal dedication, motivating training sessions and encouragement, I now have a lifelong fitness program and not just another workout routine. Thank you Patrick for giving me the guidance and support to transform my life into a healthier one.

- Pat M.,
November 2012

Patrick Maffio

SENIOR FITNESS
MANAGER
Chantilly Gold's Gym



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baggagecheck



My Co-Worker, The Saboteur

Q I have a co-worker who insists on doing my job, not helpfully, but in a sneaky way. On our last project together, she withheld critical information. When the project seemed to fail, she miraculously used the information to save the day. My supervisor has a "house of cards" theory regarding our team: If we cannot see eye-to-eye as an organization, we will ultimately fail. This makes it hard to approach him regarding the situation because I may be viewed as a defector. Am I being too critical, or even paranoid? LET ME DO MY JOB

If it's too critical to be frustrated by someone stealing and sabotaging your work, then I'm curious about what workplace behavior would actually be deemed unacceptable.

So your supervisor believes that the workplace team is a delicate "house of cards." Then he should most definitely be bothered by one of his employees coming at it with a leaf blower. You've got concrete and specific evidence of situations where she has hurt the team for her own gain. Use it. Conceptualize it not as you being victimized but as concern about future projects. I can't imagine anything more in the interest of teamwork than that.

Just a Matter of Degrees

Q Is there any advice you can give a financially struggling parent whose daughter was accepted to a top university but won't be able to foot the \$50,000-a-year tuition bill? If I could put my kidney on eBay for a good price to cover her tuition, I would do it in a heartbeat. PARENT

Meet with financial aid advisers, guidance counselors, investment gurus and people who know a heck of a lot more about money than I do. Have your daughter check out every scholarship she might possibly qualify for (Granddaughters of Pinochle-Playing Half-Armenians, anyone?). And keep an honest dialogue going with her.

Let her know you take her feelings seriously, you truly want the best for her and you will try your

hardest to make her dreams work. But you also need to help her realize that the "best" path doesn't usually involve driving your family into the ground with financial stress in order to get a certain diploma, or letting her graduate with decades of debt. There are many schools that could be right for your daughter (schools whose acceptance letters hopefully have also graced your mailbox). Treating her feelings with respect will go even further than a kidney.



By Dr.
Andrea
Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (friendshipfix.com).

Event Horizon Wild Workout

The great outdoors is the best gym of all, but if you get out there only on weekends, you're bound to get sore. REI College Park (9801 Rhode Island Ave.; 301-982-9681, rei.com) invites you to learn exercises to better prepare your body for climbing, hiking and paddling with "Cross Training for Outdoor Fitness" at 7 p.m. Wednesday. The free class isn't a workout, but rather a chance to see demonstrations and develop personalized fitness plans.

A Place to Fit In Fitness

A new class caters to developmentally disabled adults

As the students filed into the exercise studio with their water bottles, they didn't look all that different from anyone else at the Northwest Sport & Health Club.

And that was the point.

Jared Ciner, a support counselor with Jubilee of Maryland — a group that provides residential services to adults with develop-

mental disabilities — recognized that his clients needed more physical activity. But they weren't comfortable in a gym.

"This population typically doesn't see a fitness center as a place catering to them," Ciner says. "It can be intimidating."

Because Ciner also happens to be a personal trainer with Sport & Health, he came up with the idea of the Spirit Club (short for Social Physical Interactive Respectful Inclusive Together). Launched earlier this month, the six-week



Brett Badin, 25, hoists a weighted ball at the debut of Jubilee's Spirit Club. "I liked that it was new to me," he said.

program is designed to familiarize people who have Down syndrome, autism spectrum disorders and other developmental disabilities with working out.

"Today is all about getting exercise and moving around. And most importantly, it's about having fun," Ciner announced at the kickoff class before a quick game of freeze dance got the whole group — family members and assistants included — grooving and smiling.

When they circled up to introduce themselves and go over a few stretches and exercises they could also do at home — such as toe touches, arm circles, butt kicks and jumping jacks — Ciner gave a detailed explanation of each move and greeted every success with applause.

The exercise setting has the potential to strengthen social bonds

Details

Sport & Health (4001 Brandywine St. NW) expects to continue the program. Currently, there are two groups: 2 p.m. and 3:30 p.m. Sundays. Registration for six weeks is \$150. Get more details at Jubileemd.org.

as well as muscles, Ciner says. That's why he asked students to partner up for a series of ball exercises, which was 24-year-old Carly Wasserman's favorite activity. ("I liked passing," she said.)

Ciner ended the class with a nutrition tip: Half of every plate should be fruits and vegetables.

"Healthy food will make us strong," one student replied. The Spirit Club should help, too.

VICKY HALLETT (EXPRESS)



WEEK 4: CARDIO

Cardiovascular exercises can add a wealth of fun and variety to your personal fitness journey. Whether it's a light jog on a treadmill, laps in a swimming pool or a 30-minute session on the elliptical machine, cardio work is easy for anyone to do; plus, it's an essential part of a well-rounded fitness routine.



#getfitchallenge

express



TRAINER: PATRICK

Gold's Gym Location: Rockville

How is Martha's training going?

So far, working with Martha has definitely been a fun experience! Although the pounds are not dropping as quickly as she would like, she's fiercely determined to keep moving forward in an effort to better her health. She takes my suggestions to heart, and she does her best to implement them despite her very hectic work schedule. In short, Martha's getting stronger with each passing week.

Why is cardio activity so important to overall health?

Cardiovascular work is extremely important to everyone's overall health, primarily because it helps keep your heart in shape and working correctly. Your heart is one of the most important organs for life; everything you do requires you to use it. So the stronger and healthier your heart is, the more efficiently you'll be able to comfortably perform daily tasks — and physical challenges such as exercising and losing weight.

CONTESTANT: MARTHA

Gold's Gym Location: Rockville

How have you been incorporating cardio into your workouts?

I always start my workouts with cardio. Six days a week, I do no less than an hour of cardio a day, including brisk walking, jogging on the treadmill and using the stationary bicycle. Patrick also has me doing circuit training. These are all things I never did before, but they really get my heart rate up! Also, they're exercises I can do anywhere so I have no excuses!

What are your favorite cardio activities?

My favorite cardio activity is aqua jogging; once pool season starts up again, I'll be back in to swim! Aqua jogging is great because you get good resistance from the water, but the exercise has no impact on your joints; I can really torch some calories! My next favorite cardio activity is walking or light jogging. I've really surprised myself that I can run — even if it is in small, short bursts. It's tremendously rewarding!



CHALLENGER	PREVIOUS WEIGHT	CURRENT WEIGHT	TOTAL LBS. LOST	TOTAL POINTS
April	236 lbs.	233 lbs.	19 lbs.	15
Colin	266 lbs.	261 lbs.	22 lbs.	14
José	403 lbs.	398 lbs.	30 lbs.	12
Eduard	364 lbs.	359 lbs.	27 lbs.	12
Martha	275 lbs.	274 lbs.	9 lbs.	6
Tamara	253 lbs.	253 lbs.	0 lbs.	4

Points awarded weekly for % of body weight lost and competitive challenge

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COURTESY SELF

Self has hosted Workout in the Park, an exercise extravaganza, for 20 years.

Crash Course In Exercise

Self magazine brings its fitness festival to American University

Before American University undergrads face their final exams, they're getting the ultimate study break: Self's Workout in the Quad.

The campus takeover is a twist on the fitness magazine's 20-year-old Workout in the Park events, which have introduced thousands of participants to trends in exercise, nutrition and wellness. Self promised to bring the program to whichever school racked up the most points in its new social game, and American bested more than 100 other colleges in the challenge.

So on Saturday between 11 a.m. and 3 p.m., students, staff, faculty and alumni are invited to the Eric Friedheim Quadrangle for the free festival. (Valid AU identification will be required.) Attendees can sweat it out through yoga,

Pilates, CrossFit and several of the newest workouts from Crunch Fitness. When they need a break, they can sample low-cal snacks and snag beauty samples from such partners as Garnier, Zico, Luna and Victoria's Secret VSX Sport.

"It's an amazing way to introduce a new healthy lifestyle," says Self publisher and vice president Lauren McEwen, who loves the idea of encouraging alcohol-free activities on a college campus. McEwen says she's also excited for the D.C. debut of an event that she sees as emblematic of Michelle Obama's "Let's Move" campaign.

For 21-year-old Lesley Siu, who promoted the game through her role as editor-in-chief of Her Campus at AU, the event is a chance for her friends to celebrate their victory — and their health.

"It's going to reinforce that fitness doesn't have to be boring," Siu says. VICKY HALLETT (EXPRESS)



Square Deal

Bring your mat and your muscles to Farragut Square at 5:30 p.m. today (and every Tuesday through June 25) for a free outdoor yoga class. The hourlong sessions, sponsored by the Golden Triangle Business Improvement District and taught by instructors from Yoga District, are for folks of all fitness levels. There's no need to register, but check Goldentriangledc.com for weather-related site changes. (EXPRESS)

lookout



Broken Sweetheart
Reese Witherspoon
responds to her and her
husband's arrests **35**

Sound Bets



Memorial Music

My partner, Jaime, lost her dad on Holy Thursday. Her family lives in Los Angeles, and I'm writing this riding down the Pacific Coast Highway so we can put his ashes in the ocean at the beach they'd camp at when she was little.



By Shauna Miller

There's been a lot of music around us this week. A lot of singing — in prayer, in the car, in mourning and in celebration.

David Lopez was a pastor. Jaime's that son of a preacher

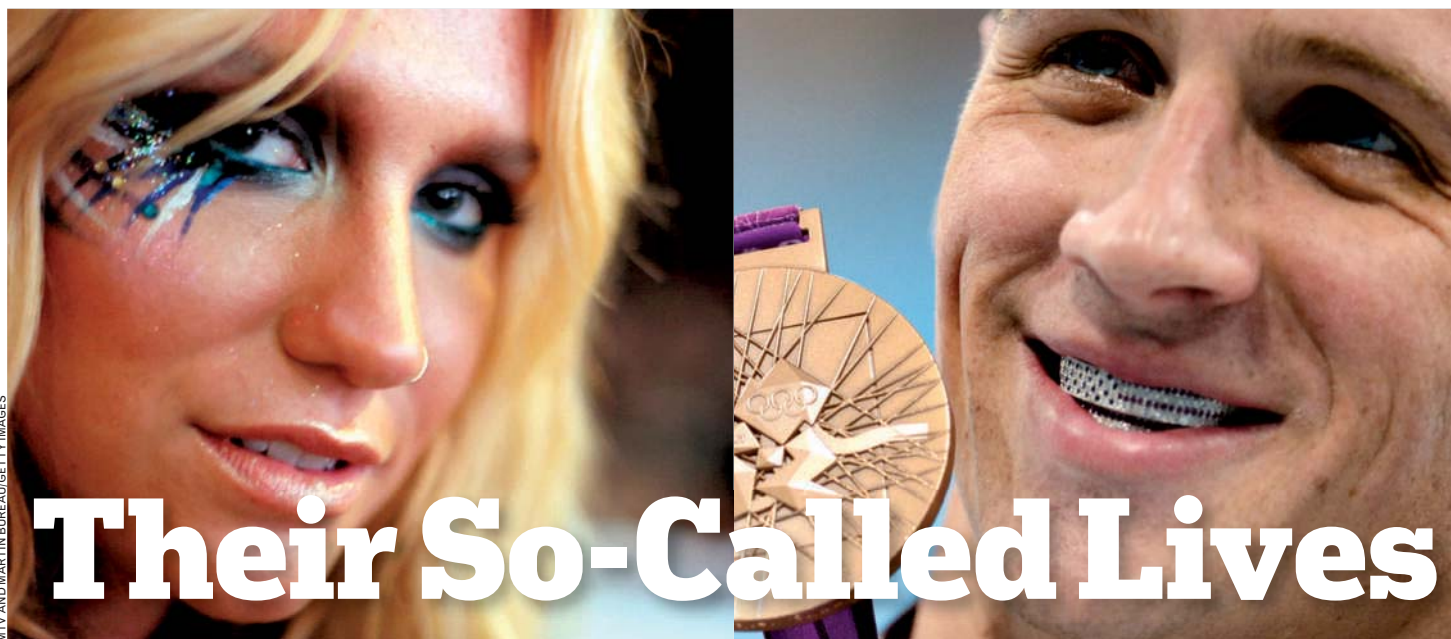
man to me. So, Dusty Springfield's been turned up loud as we drive. It's catharsis, lifting our voices together. At the service, people her dad loved and helped over the years gathered to thank him. Everyone sang "Amazing Grace" and '70s funk band Rare Earth's "I Just Want to Celebrate."

The Mamas and the Papas, above, have seemed right for long trips to pick up family in the mountains: "While I'm far away from you, my baby/ Whisper a little prayer for me, my baby," from 1967's "Dedicated to the One I Love." Roy Ayers' 1976 groove "Everybody Loves the Sunshine," fits, too: "My life, my life, my life/ Just bees and things and flowers."

California dreamin': The sun shines here even in sadness.



Connect with Shauna and Sound Bets on Twitter: @Shaunajmiller.



Their So-Called Lives

In order to be famous, it's no longer enough to just be famous. You can win Olympic gold or sell a million albums, but these days, you also have to be a brand. Enter: the celebrity reality show. This week marks the debut of two: E!'s "What Would Ryan Lochte Do?" (10 p.m. Sunday) and MTV's "Ke\$ha: My Crazy Beautiful Life" (11 p.m. today). We watched both series — about, respectively, a party-boy swimmer and a weirdo pop singer— and created a set of rules for entering the "celeb docu-series" genre. EMILY YAHR (THE WASHINGTON POST)

1

Reinforce Skills

These people are famous for having a skill, remind viewers: Lochte's show doesn't go into his accomplishments in the pool in great detail, but it does make a show of his training starting at 7 a.m., since he partied hard the night before. Ke\$ha's show focuses more on her career, particularly what happens on stage. It also shows what happens when the singer collapses backstage after performing, and it's anything but glamorous.

2

Act Crazy

Develop a distinct public image. "Crazy person" works for reality TV: Both are remarkably talented in areas that require a lot of work, but both find plenty of time to act rather strangely. For Ke\$ha, that means using sparkles, wearing absurd animal costumes and chugging bottles of vodka. Lochte, meanwhile, indulges in plenty of bro-time with his "Lochterage," a circle of friends whose only job is to "turn it up, all the time."

3

Family Matters

A family element proves you're a real human: Much of Ke\$ha's show is a family affair. Brother Lagan even directs the series. The relationship between Lochte and his mom is rather adorable. In the second episode, they travel to the District for a charity event and he surprises mom with a brand-new car as a thank-you for always supporting him. Naturally, she starts to weep with joy. Write it down: Crying + proud mom = TV gold.

4

Image Control

Address how the media portrays you: There are two words for how the media sees Lochte: "Sex idiot." And he doesn't seem to mind — he embraces it. Ke\$ha, on the other hand, describes media coverage with a healthy dose of anger, particularly aimed at celebrity blogger Perez Hilton. Ke\$ha's anger is more riveting than Lochte's cool-tempered approach, but both offer a curious look at what it's like to be chronicled by strangers.

5

Be a Real Person

Make yourself as interesting as possible. But, at the same time, come across as a cool, down-to-earth person: Ke\$ha talks about calling up her best friend when she needs cheering up. Lochte pranks his younger brother. Are stars really just like us? Probably not. Yet the key to succeeding (as a long-term celebrity, anyway) is to have a camera crew follow you around and try to convince the world that that's the case.



Ramble Across America: One of America's greatest songwriters and two of the country's best live bands are teaming up for a festival-like tour. Bob Dylan, Wilco and My Morning Jacket will headline the Americana-naramA Festival of Music tour, a 26-date trek across the nation that includes a stop at Columbia's Merriweather Post Pavilion on July 23. Tickets for that concert go on sale at 10 a.m. May 3 through Ticketfly.com. (EXPRESS)

The Washington Post

Behind the Headlines

The State of Education in the District

Join The Washington Post for a look **Behind the Headlines** with a three-part community forum series on the state of education in the Washington area. From debates over traditional versus charter schools in the District of Columbia, school takeover plans in Prince George’s County, and overcrowding issues in Fairfax County, the series will examine a number of issues in education. The first forum will cover issues specific to District residents. Come out and hear perspectives from local policy makers, educators, parents and student advocates who are working to ensure a quality education for Washington area youth.

Date: Wednesday, April 24
Time: 6:30 p.m. - 8:30 p.m. *Doors open at 6:00 p.m.*
Location: The Washington Post
1150 15th Street, NW, Washington, DC 20071
The building is three blocks east of the Farragut North Metro (Red line), and two blocks north of the McPherson Square Metro (Orange and Blue lines). Garage parking will be available.
Admission: FREE (Seating is limited, so please arrive early)

To RSVP and submit a question for the panel, please e-mail behindtheheadlines@washpost.com.

— Moderator —



Natalie Hopkinson
Contributor, The Washington Post

— Panelists —



Emma Brown
DC Schools Reporter,
The Washington Post



David Catania
DC Councilmember At Large and
Chairman, Committee on Education



Daniel del Pielago
Education Organizer,
Empower DC



Scott Pearson
Executive Director, DC Public
Charter School Board



Cathy Reilly
Director, Senior High Alliance of
Parents, Principals and Educators

The Bright Side of Sorrow

Rising country star Ashley Monroe finds it therapeutic to sing her raw, sad songs

Q&A

She's a busy one, that Ashley Monroe. The 26-year-old country singer already has one of the most stunning albums of 2013 to her name with "Like A Rose." If that wasn't enough, she'll be serving up a second offering when Pistol Anniess, her supergroup with Miranda Lambert and Angaleena Presley, drops its new record, "Annie Up," on May 7. First, though, Monroe is booked to open for the great Don Williams at the Birchmere on May 20.

Did you approach "Like A Rose" as if people might be hearing you for the first time?

I realized that this album needed to be 100 percent me ... I didn't think about much other than if it felt right. I would go over to [producer Vince Gill's] house and it felt like a jam session, but a real important one.



COURTESY ASHLEY MONROE

Ashley Monroe will release a new album with her Pistol Anniess group next month.

How do you balance between Pistol Anniess and your solo career?

Us girls, we really can't be separated anyway, just as friends and as songwriters. So we're always around each other, and they've both been so supportive of my record, too.

Do you feel more confident when you're surrounded by others?

I don't feel more confident one way or the other, really. As long as I'm doing music I love, I'm confident in it. But it's fun to get up there and share the stage with two girls,

I'm not gonna lie.

Your voice is so good at surfacing sadness. How do you access those raw emotions with your singing?

It definitely comes natural, especially when I'm singing sad songs. I don't really know how to explain it, but I kind of go away. I always have. And when my dad passed, there's a lot of sadness right below the surface, and I think there will be until the day I die. So writing sad songs helps it. And when I sing them it's pure therapy for me.

Live, does it feel like whiplash to go from one emotion to the other? Yeah, a little bit. I close my eyes when I sing the sad ones because I see a sort of story in my head. But when I open my eyes and see people singing back ... it's really encouraging to know I can get up there and sing what I know about and they get it.

CHRIS RICHARDS (THE WASHINGTON POST)

● **Birchmere, 3701 Mt. Vernon Ave., Alexandria; May 20, 7:30 p.m., \$55; 703-549-7500, Birchmere.com.**



Havens, a Woodstock Icon, Dies

Obituary

Musician Richie Havens, the first performer to sing and strum for a sea of people at Woodstock, has died at 72.

His family said in a statement that Havens died Monday of a heart attack.

Havens, a folk singer and guitarist, performed at the 1969 Woodstock Festival. He returned to the site during the 40th anniversary in 2009.

The "Freedom" singer was born in Brooklyn. He was known for his crafty guitar work and cover songs.

In a 2009 interview, Havens said of Woodstock: "Everything in my life, and so many others', is attached to that train."

A public memorial will be planned for a later date. (AP)



One More Encore: Glen Campbell's Alzheimer's disease has progressed too far to allow him to continue touring. However, Campbell, left, will release a new album, "See You There," on July 30. It's a reimagining of some of his most popular songs, recorded at the same time as his last studio album of new songs, 2011's "Ghost on the Canvas." The album offers rerecorded versions of "Wichita Lineman," "Rhinstone Cowboy" and "Hey Little One." (AP)

Today's Top Stops

COMPILED BY FIONA ZUBLIN



1 Uke Can't Resist

Blame Jake Shimabukuro for the ukulele revolution. His YouTube cover of "While My Guitar Gently Weeps" made everyone realize that the uke is a legitimate instrument, and then all the hipsters had to have one. Shimabukuro's skills can't be denied, though, and he'll be showing them off tonight. **Sixth and I Historic Synagogue, 600 I St. NW; today, 9 p.m., \$35; 202-408-3100, Sixthandi.org. (Gallery Place)**

2 It's Wandering Right Now, Isn't It?

What causes your mind to wander? Neuroscientists, including George Washington University's Sarah Shomstein, have been paying attention to this question for years. Shomstein will speak tonight at the DC Science Cafe about her study into how the brain decides what to pay attention to, and how that can be changed. **Busboys and Poets, 1025 Fifth St. NW; today, 6:30 p.m., free; 202-789-2227, Busboysandpoets.com. (Gallery Place)**

3 Bohemian Odyssey

Friedrich Schiller's "Wallenstein" is not one but three plays, all about the Bohemian general (played by Steve Pickering) who fought in the Thirty Years' War. This production is just a few hours long — it's been condensed by poet Robert Pinsky. **Shakespeare Theatre's Sidney Harman Hall, 610 F St. NW; through June 2, \$43-\$105; Shakespearetheatre.org. (Gallery Place)**



lookout TV tonight

BEST BETS

CW
8:00

Hart of Dixie Zoe (Rachel Bilson, right) inadvertently causes trouble in Brick's love life by tricking Jonah into telling a secret about him. She tries to make her feelings known but can't find the right time. When Wade and Lemon have trouble working together, Lavon and AnnaBeth fight the urge to intervene.



CBS
9:00

NCIS: Los Angeles The body of a notorious cartel boss taken down by a special DEA task force is stolen. As Kensi and Deeks head to Mexico to investigate the theft, Callen and Sam try to find the source of a leak in the task force.

SYFY
10:00

Robot Combat League What a long, strange tournament it's been. Tonight, the remaining teams of human-powered humanoid robots duke it out for the championship in an action-packed season finale.



(TRIBUNE MEDIA)



'30 FOR 30'

Armed With Talent

ESPN
8:00

"Elway to Marino" looks at the historic 1983 NFL Draft that saw six quarterbacks — including Hall of Famers John Elway, left; Jim Kelly, center; and Dan Marino, right — selected in the first round. This documentary reveals the inside story of the backroom deals that made it happen and the tensions among the players and the teams involved. (TM)

Documentary



Raising Kane

William H. Macy narrates "Citizen Hearst" (8 p.m., Bio), which has the unenviable task of retelling the story of newspaper publisher William Randolph Hearst, above. That's because most people associate Hearst with the 1941 film "Citizen Kane," which was loosely based on his life. (UNIVERSAL UCLICK)

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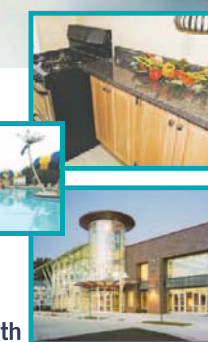
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utilities. Near transportation. Call 202-638-1830OAKTON/VIENNA- Close to 66, 123 & Metro.
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bath/kitchen. Near metro & harbor. Prefer female.
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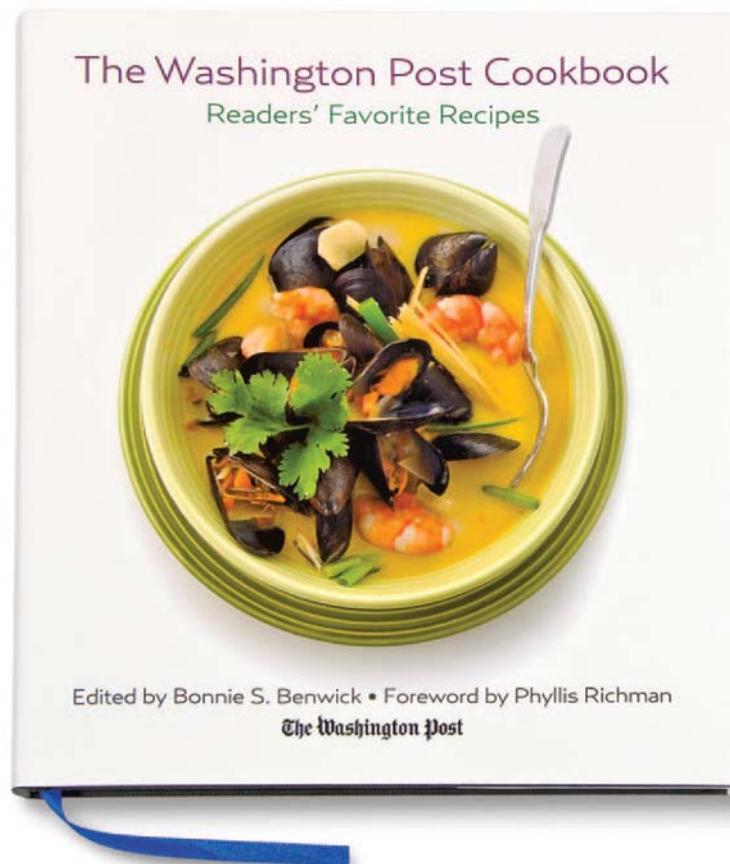
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YOUTUBE

“It’s not like it’s going to draw in people who otherwise wouldn’t go. And, it makes it way more convenient for those of us who do. Especially considering it’s nearly impossible to get a cell signal.”

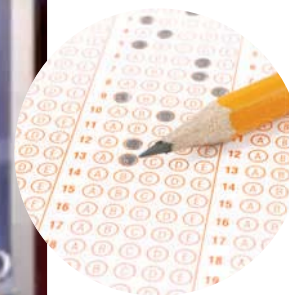
— **COMMENTER ANONYMOUS AT POPVILLE.COM** reacts to news that the classic Mount Pleasant dive bar “The Raven” now has Wi-Fi.



“Say hello to the most disastrous start to a television career in the history of moving pictures inside little boxes and/or flat screens. ... How in the world do you make ‘[expletive] [expletive]’ your greeting to a new television audience?”

— **MATT YODER AT AWFUL ANNOUNCING.COM** was in disbelief at a video of A.J. Clemente, above, who began his first weekend news broadcast for KFYR-TV of Bismarck, N.D., with two curse words Saturday. The station fired Clemente on Monday.

Blog Log



“Remember ‘RSVP’ that indicates that the sender (of an invitation) expects a reply? What if, much like in the case of RSVP, the sender had a way to inform me in advance that a very short reply is welcome? I’ll call it VSRE, for ‘Very Short Reply Expected.’”

— **BLOG.VRYPAN.NET** offers up a suggestion that could eliminate confusion from email correspondence without anyone’s feelings getting hurt.

“Having talked to many D.C. parents, what they want out of DCPS’ mix of charters, trad schools is clarity and coherence. Not more charters.”

— **@JASONCHERKIS** has some insight on the state of the D.C. public school system on the first day of citywide testing.



“That open field in the southern part of President’s Park has been the site of active Ultimate games for years, but NPS wants to plant trees there, and nothing slows down a Frisbee game like smacking into a spruce.”

— **NOTIONSCAPITAL.WORDPRESS.COM** reacts to news that the National Park Service wants to plant a large number of trees on The Ellipse, south of the White House. The league “Wednesday Ultimate” has written to the first lady for help on the matter, trying to capitalize on the fame of her “Let’s Move” campaign to save its playing space.

Are **ALCOHOL** and **ANXIETY** taking over your life?

YOU MAY BE ELIGIBLE FOR A RESEARCH STUDY testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

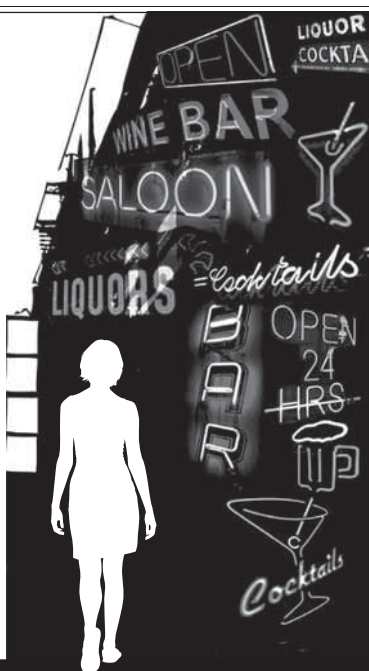
You may be eligible for the study if you:

- Are a woman 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can’t

Participants will:

- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

There is no cost to participate. Participants will be compensated and may receive travel assistance



Healthy Female Volunteers Needed Stress and Anxiety Research Study

The National Institute of Mental Health is conducting a clinical research study with an experimental drug to determine if this drug may reduce stress and anxiety. The effects of the drug will be compared to an approved anti-anxiety drug and to a placebo, an inactive pill.

You may be eligible if you are:

- A healthy woman between 21–50 years of age
- Willing to follow certain diet restrictions
- Willing to use birth control

You may not be eligible if you:

- Are Pregnant or nursing
- Have heart or liver disease, peptic ulcer, or seizures
- Have depression, anorexia, bulimia or anxiety

The study involves:

- 6 outpatient visits to the NIH Clinical Center over a period of 8–9 weeks
- There is no charge for study-related procedures. Compensation is provided.

Location: The NIH Clinical Center, America’s research hospital, is located on the Metro red line (Medical Center stop) in Bethesda, Maryland. Parking is provided at no cost.

For more information call: **1-800-411-1222**

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puzzles lookout

HOROSCOPE

TAURUS (April 20-May 20) Your attitude may not be the best today, but you'll get by. Someone is relying on you to do something you've been trying to avoid.

GEMINI (May 21-June 20) Now is no time to raise your voice or get defensive in any way. Take what comes, and try to appreciate it for what it offers you.

CANCER (June 21-July 22) A memory has you making decisions today that might not be in your own best interest—at least in the short-term.

LEO (July 23-Aug. 22) Someone is likely to hang on your every word today, so you must take care that you don't say something you don't want heard or remembered.

VIRGO (Aug. 23-Sept. 22) Take a leaf out of your own book today—without copying yourself point for point—and you'll manage just fine in most things.

LIBRA (Sept. 23-Oct. 22) You may discover, at last, that what you have is far more valuable to you than what you think you want. Count your blessings!

SCORPIO (Oct. 23-Nov. 21) Someone is likely to tempt you with an offer that has you behaving out of character. Can your strict schedule accommodate such an interruption?

SAGITTARIUS (Nov. 22-Dec. 21) You can't expect everyone to believe what you are dishing out today. You may be quite far from the truth, without even knowing it.

CAPRICORN (Dec. 22-Jan. 19) You are craving something that isn't very good for you, but in small doses you may be able to avoid any serious harm.

AQUARIUS (Jan. 20-Feb. 18) You're likely to meet someone who affects your life in a small but dramatic way. This is something to remember.

PISCES (Feb. 19-March 20) Simple is best for you today, and anyone who tells you otherwise is best avoided. Indeed, it's time to think about what's best in all things.

ARIES (March 21-April 19) Keep going, for you may pass a milestone that has you excited about where you've been and what's to come. A friend says "yes."

Scrabble Grams

PAR SCORE 150-160, BEST SCORE 216

A ₁	E ₁	U ₁	N ₁	N ₁	T ₁	K ₅
E ₁	E ₁	I ₁	L ₁	F ₄	R ₁	H ₄
A ₁	E ₁	O ₁	Y ₄	L ₁	P ₃	M ₃
A ₁	E ₁	I ₁	Y ₄	R ₁	L ₁	W ₄

3rd Letter Triple

RACK 1

RACK 2

RACK 3

RACK 4

Double Word Score

Yesterday's Solution

R ₁	A ₁	T ₁	F ₄	I ₁	N ₁	K ₅	RACK 1 =	64
R ₁	E ₁	V ₄	I ₁	S ₁	A ₁	L ₁	RACK 2 =	60
R ₁	E ₁	F ₄	U ₁	S ₁	E ₁		RACK 3 =	13
P ₃	L ₁	A ₁	Y ₄	O ₁	F ₄		RACK 4 =	104
PAR SCORE 150-160								TOTAL
								241

FOUR RACK TOTAL

Make a 2-7-letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	1		3	5				
		3	4	1		9	5	
			8	9		1	2	
4			7	6		5	3	9
1				4				8
6	9	5		8	3			1
	4	1		7	8			
	7	2		3	9	6		
				2	4		7	

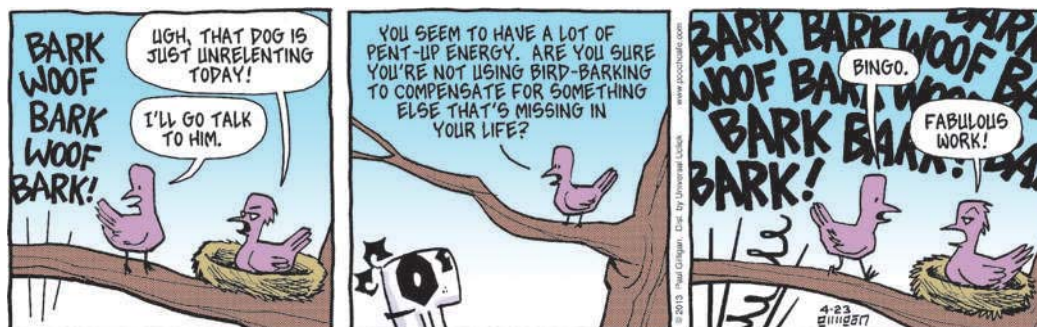
Yesterday's Solution

3	8	2	6	9	1	5	4	7
9	7	6	8	4	5	2	3	1
4	1	5	7	3	2	9	6	8
1	2	9	5	7	6	3	8	4
7	6	4	3	2	8	1	5	9
8	5	3	4	1	9	6	7	2
2	4	7	9	5	3	8	1	6
5	9	8	1	6	7	4	2	3
6	3	1	2	8	4	7	9	5

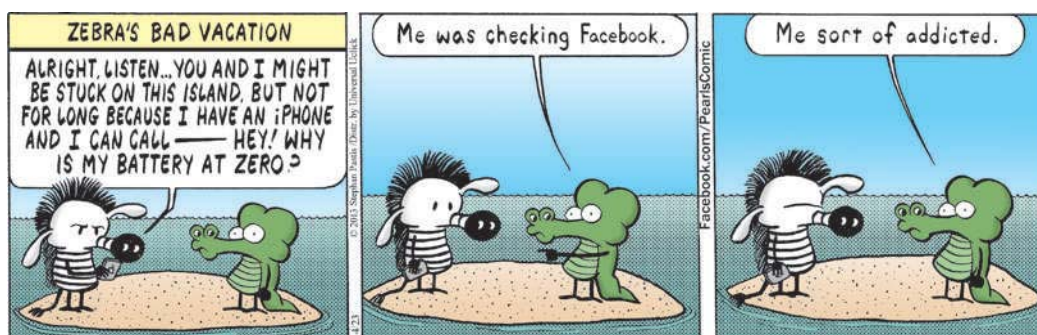
Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

62 | 49

Today: Clouds giving way to some sun today. A moonlit sky tonight.

73 | 48

Tomorrow: Clouds and sun tomorrow. A couple of thunderstorms tomorrow evening.

Looking Ahead

THU **FRI** **SAT**
62 | 45 67 | 46 68 | 53

Sun and Moon

Sunrise today: 6:20 a.m.
 Sunset today: 7:53 p.m.
 Moonrise today: 5:47 p.m.
 Moonset today: 4:46 a.m.

Almanac

Normal high: 69
 Record high: 93
 Normal low: 49
 Record low: 30

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lookout puzzles

Crossword

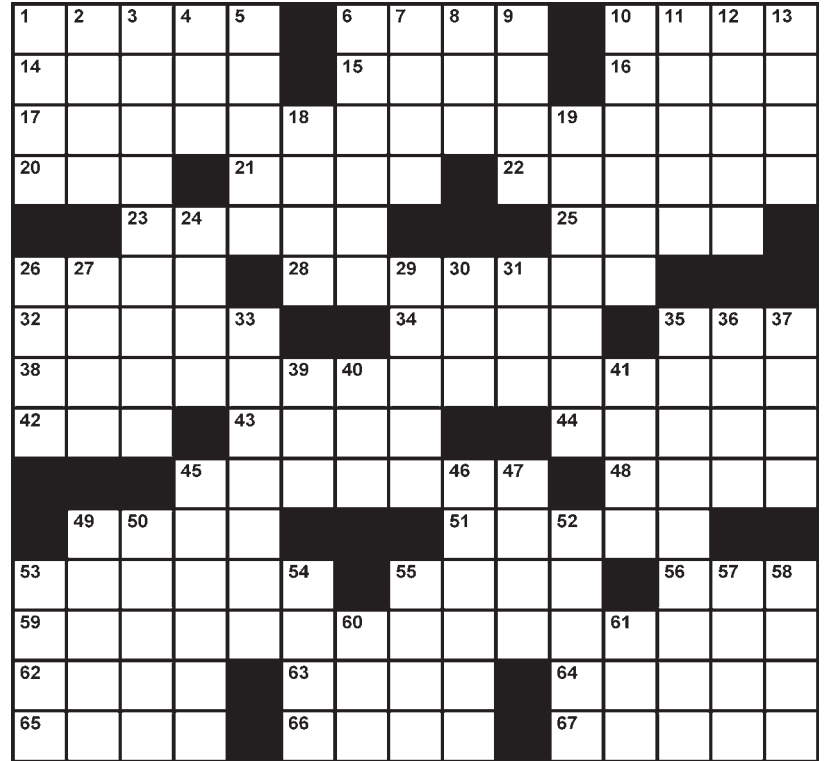
PLENTY OF SPACE

ACROSS

- 1 Taj ____
- 6 Immediately, if not sooner
- 10 One-time Red giant
- 14 Words with "a Rainy Night" or "Lucy"
- 15 Friend of Boots the Monkey
- 16 Fancy chopped liver
- 17 Opt
- 20 "And that's how it's done"
- 21 Olympic gymnast Korbut
- 22 Displaced person
- 23 Biblical mount
- 25 Being number one?
- 26 Cotton stuffing
- 28 Material for a film editor
- 32 Butter wannabes
- 34 Rajah's mate
- 35 Word with "baseball" or "gas"
- 38 Signals for races
- 42 Cape ____ (cottage style)
- 43 Far from terra firma
- 44 Hard-to-see specks
- 45 Strong-smelling cleanser
- 48 "Don't change!" to a printer
- 49 Big desert in Asia
- 51 Nightingale or Barton, e.g.
- 53 Hauling done by a wrecker
- 55 Word on an oven dial
- 56 17th letter of the Greek alphabet
- 59 It may be read after church
- 62 "A Death in the Family" author James
- 63 Kunis of "Oz the Great and Powerful"
- 64 Philip Nolan's fate
- 65 Cincy team
- 66 Kill, as a dragon
- 67 Furnishes, as support

DOWN

- 1 Karaoke bar equipment, for short
- 2 Common lotion ingredient
- 3 Range residence
- 4 St. crossers, in Manhattan
- 5 Allow aboard



EDITED BY TIMOTHY E. PARKER

- 6 Slower than andante
- 7 AA member's club?
- 8 "____ you with me?"
- 9 Tempo
- 10 Encouraging aspect
- 11 Steppe antelope
- 12 Attack en masse, as a castle
- 13 Russo of "In the Line of Fire"
- 18 Patron saint of Norway
- 19 Early 20th century poetry movement
- 24 "Ripley's Believe ____ not!"
- 26 Autumn pear
- 27 Singing voice
- 29 Common church or arena instrument

- 30 "This is Spinal ____" (1984)
- 31 Singer DiFranco
- 33 Lasting power
- 35 Small machinery securer
- 36 Away from 12-Down
- 37 "Wanna hear a secret?"
- 39 "Real" ending
- 40 Prefix meaning "new"
- 41 Casually throw
- 45 Waits patiently for
- 46 From one viewpoint
- 47 Razor-billed birds
- 49 Overcharge, big time
- 50 Had title to
- 52 Beat back
- 53 Old Russian leader
- 54 P.E. places

- 55 Composer Bartok
- 57 Detained at the precinct
- 58 Lode loads
- 60 Not a whit
- 61 Apt rhyme for lumberjacks

Yesterday's Solution



TODAY IN HISTORY

1789 President-elect George Washington and his wife, Martha, move into the first executive mansion, the Franklin House, in New York.

1954 Hank Aaron hits the first of his record 755 major-league home runs in a game against the St. Louis Cardinals.

1988 A federal ban on smoking during domestic airline flights of two hours or less goes into effect.

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REASONING

Her Wrist Was Definitely Cleaner Than the Floor

On New Year's Eve 2009, Lindsay Lohan snorted cocaine off her wrist in a Miami bathroom, according to blogger Nik Richie. Radar Online reports that in his new book, "Sex, Lies and The Dirty," Richie claims he witnessed the incident at the Mansion Nightclub. He says he was upset by the sight of Lohan's drug use, that it was "too much, too real." (EXPRESS)



EXPECTATIONS

Pregnancy Not Unlimited Buffet-Style Dinner Cruise

Kim Kardashian told Ryan Seacrest in an interview Sunday that being pregnant has been rougher than she expected. "I was waiting for this amazing experience where I could just do whatever I want, eat whatever I want, feel great, and it just hasn't been that way," she said, saying that she's in constant physical pain. (EXPRESS)

ROYALTY

Wishes He Had Excuse Like Pregnancy or Being Boring

Prince Harry attended the London Marathon on Sunday. People.com reports that despite concerns following the attack at last week's Boston Marathon, Harry said missing the race "was never an option." Prince William and his wife, the Duchess of Cambridge, did not attend. "She's pregnant, and he's getting old," Harry told marathon volunteers. (EXPRESS)



Richard Branson laughed. It was simply impossible to take a ginger seriously.

CITY OF ATLANTA DEPARTMENT OF CORRECTIONS



Witherspoon became enraged when she asked "Do you know my name?" and the trooper guessed "Gwyneth Paltrow?"



NOT REALLY

Aww, She's Even Cute When Drunk

Oscar-winning actress Reese Witherspoon was arrested Friday in Atlanta for disorderly conduct committed when her husband, Jim Toth, was arrested and accused of driving while intoxicated. "Do you know my name?" Witherspoon is quoted as saying in a state trooper's report. "You're about to find out who I am." As the trooper gave Toth a sobriety test, Witherspoon reportedly hung out the window of the car and questioned whether he was a real police officer. Despite orders, she left the car, stating that she was a U.S. citizen and thus allowed to "stand on American ground." (AP/EXPRESS)

"Out of respect for the ongoing legal situation, I cannot comment on everything that is being reported right now. But I do want to say I clearly had one drink too many and I am deeply embarrassed about the things I said. It was definitely a scary situation and I was frightened for my husband, but that was no excuse. I was disrespectful to the officer who was just doing his job. The words I used that night definitely do not reflect who I am. I have nothing but respect for the police and I am very sorry for my behavior."

— REESE WITHERSPOON, IN A STATEMENT RELEASED SUNDAY APOLOGIZING FOR HER CONDUCT DURING HER HUSBAND'S ARREST. HER CASE WAS SCHEDULED FOR A MONDAY MORNING HEARING BUT RESET FOR MAY 22.

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